

ACCRINGTON ROAD RUNNERS NEWSLETTER

AUGUST 2023

VOL 6



Welcome to the summer edition of the Accrington Road Runners newsletter. The past few months have seen a huge number of races on road, trail and fell. The races our runners have competed in range from fast 5km on track, long fell races, marathons and even a 130-mile race along the Leeds-Liverpool canal! We have had an incredible successful season for a small club. Many Accrington Road Runners have won prizes in their age category. Well done to everyone who has taken part in a race for ARR this year.

In July we also had our first Accrington Road Runners trail race. Thankyou to Liam who was the race organiser who set up this race. A lot of work must be done to register a new race. Of course, the race could not go ahead without the help of marshals on the day and advertisement in the build-up to the race. Thanks to all those who helped to make this such a successful first trail race for the club.

This newsletter will try and give you an idea of the range of races that our runners take part in. We could not possibly include every single race as there are so many. You can also see what we get up to by following social media posts which are updated each weekend.

We have also welcomed several new members over the past few months. Welcome to all the new runners, we hope you enjoy our friendly running club.

Keep up the good running everyone!

MEMBER PROFILE-ANDREW FIGIEL

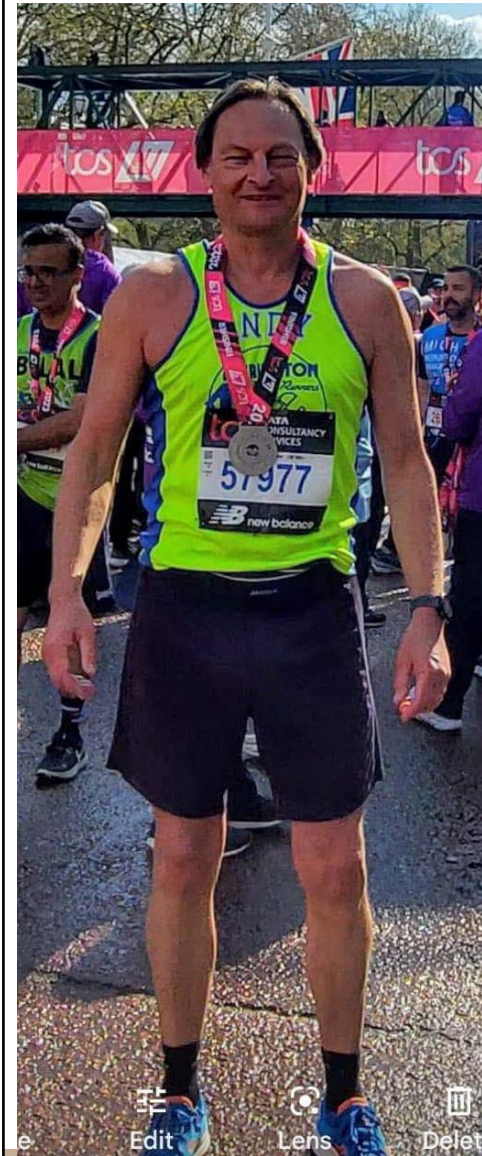
Andy has been a club member for ten years. He works as a process operative at Dewhursts in Altham and has been there for 26 years. On his first Tuesday night run with the club Andy went with group 2 and his wife Karen went with group 4. Andy's group came back but there was no sign of group 4. When they did get back Karen wasn't with them - she had fallen and broken her arm and had to be taken to hospital! Karen was unable to run for a few months after that!

In 2021 Andy noticed a loss of appetite and weight loss but put it down to stress after losing his Mum the previous year. In July, after he finished Trawden7, he felt unwell and was exhausted, and he had an unusual pain in his side. Friends commented on how unwell he looked. He rang the doctors first thing Monday morning for an appointment - they gave him a telephone appointment, then said they would see him later that day. The doctor did blood tests, called him straight back, and sent him to Blackburn hospital. That Thursday, he had to undergo surgery and had to have stents fitted. He was referred to Rosemere Cancer Centre in Preston. A 21cmx16cmx8cm tumour had been found in his abdomen which had pressed on his kidneys causing the pain he felt. He was started on chemotherapy straight away. He had five days of chemo every twenty one days. The chemo lasted for seven hours at a time. He had to be monitored and have blood taken each day. Chemo made him hungry, but whilst he fancied lots of food, he couldn't taste anything and couldn't eat. Between July and October he had four rounds of chemotherapy causing him to lose his hair and more weight. He lost 3 stones altogether. In November he had a PET scan to see if the chemotherapy had been effective. Fortunately for Andy, he was given the all clear.

Being fit helped his recovery. It would take time to get back to walking/running again but Andy was determined. Every day Andy would go out walking. His goal was to climb Yorkshire 3 Peaks, something Andy does every year. As a child his dad would take him out walking in the Peak District starting Andy's love of mountain walking. The first time Andy went and attempted to walk Ingleborough after his all clear people were passing him on the climb up to the summit, which frustrated him as he usually flies up, but he made it to the summit and down again. He finished the walk very tired but determined to do it again. He has conquered the Yorkshire 3 Peaks and will be doing so again later this year. Andy had a place in the London marathon 2022 but chose to defer it, determined to run it this year especially when Karen got a place. Training didn't go as well as he wanted, only managing to get a 15 mile long run in before an achilles injury forced him to rest. He made it round in April in an amazing time of 5hr 10 mins raising over £1500 between the two of them for Rosemere Cancer Centre.

One of Andy's favourite races is the Kielder ½ marathon. Stunning scenery and good organisation make it a fantastic weekend. His favourite walk is the Snowdon Horseshoe - not for the faint-hearted!

BE POSITIVE AND BELIEVE! THERE WILL BE DARK DAYS BUT LOOK FORWARD.



2023 PENDLE & BURNLEY GRAND PRIX

The Pendle and Burnley Grand Prix series is now in its 37th year. The first race of the series is always at Hameldon Hill and finishes at Boulsworth Fell in August, testing competitors on all terrains and distances from Fell, Road and Trail over distances ranging from 5k to Half Marathon.

The grand prix series is always popular with Accrington Road Runners. There is a special medal for anyone who does all 14 races... an achievement in itself and listing on the PBGP Grand Slam Club List!

We had some fantastic achievements from our runners over the 2023 series. To qualify for the championship, runners need to complete 9 races out of the 13 (V60+ 6 races out of the 13).



Mike was spotted on many races with his fantastic Union Jack shorts!

RACE 1 - HAMELDON HILL RACE

12 members took on the first race of the BPGP series.

Pam and Liam also ran the Ron Hill 10km earlier in the morning before the Hameldon Hill race!



RACE 2 - PINHAW RACE

15 ARR runners rocked up to Earby for the Pinhaw race, a 5 mile race over road, fields and a bit of fell



RACE 3 - RUN FOREST RUN (WHOLAN NOOK)



The races came round quick! The Wholan Nook race was the 3rd in the series in less than 2 weeks.

We had 14 runners competing in this scenic race with steep climbs, fast descents around Clowbridge reservoir. Kamil finished 6th overall!

RACE 4 - KELBROOK RACE

Another sunny weekend, perfect for some fell running. 14 runners took part in this short race up and down Kelbrook Fell. Only 3.1 miles but 700ft of climbing.

Nancy and Joe C won their age categories



RACE 5 - WEETS FELL



Do you remember when we had some nice weather back in June?!

9 runners took on this challenging race in very warm conditions. This race included 1800ft of climbing!

RACE 6 - BARROWFORD GRAND PRIX 5KM

This is one of the fastest courses in the country. ARR had 6 runners who ran this 5km sprint in under 20 minutes!

Kamil was the quickest in 17:11

James M, Glen G, Chris W, Josh W & Scott S all finished in sub 20min!

Well done to all who took part!



RACE 7 - HURSTWOOD TRAIL RACE



The hot weather continued in late June for the Hurstwood trail race. 10 ARR members raced in the most stunning scenery around Hurstwood reservoir along woodland trails.

Nancy, Joe C and Adrian all won their age categories.

RACE 8 - TRAWDEN 7

A few runners took on the Trawden 7 race in the sweltering heat. This was also a points race for the trail championship.

Nancy and Adrian both won their age categories.



RACE 9 - HENDON BROOK ½ MARATHON



20 members took on Hendon Brook road race. It's known as probably the toughest 1/2 marathon in the country, and it definitely lives up to it! 13.5 miles with 2,000ft of climbing. There was even a few PBs



Adrian won his age category 🙌

RACE 10 - TOWNLEY PARK 10KM

Another good turn out from our members. 18 runners took part in this fast 10km course which starts and finishes at Townley Park in Burnley.



RACE 11 - GREENWAY 5KM



Another very quick 5km race in this series. The race takes runners 2.5km up Padium Greenway then a quick turn and a sprint back to the finish.

Kamil was even quicker this time finishing in 16:32! Josh, Adrian, Nancy and Kamil all won their age categories.

RACE 12 - WORSTHORNE FELL RACE

The penultimate race in the PBGP took place at Worsthorne moor. 13 ARR turned out for this one. Nancy and Adrian won their age category. This 7 mile race includes 900ft of climbing across moorland.



RACE 13 - BOULSWORTH FELL RACE



The last race of the series. This one involves almost a 1000 ft of climbing over 6.5 miles on the fells near Trawden.

Well done to Josh and Dave T for competing the grand slam!

Award Categories

Junior – Male

1st – Kamil Kujawski

V45 – Male

Joint 1st – Josh Woodstock

V45 – Female

3rd – Katharine Gregson

V50 – Female

3rd – Vanessa Oldham

V55 – Male

3rd – David Tomlinson

V60 – Male

2nd – Joe Curran

V60 – Female

1st – Nancy Bailey

V75 – Male

1st – Adrian Melton

BURNLEY AND PENDLE GRAND PRIX AWARDS EVENING

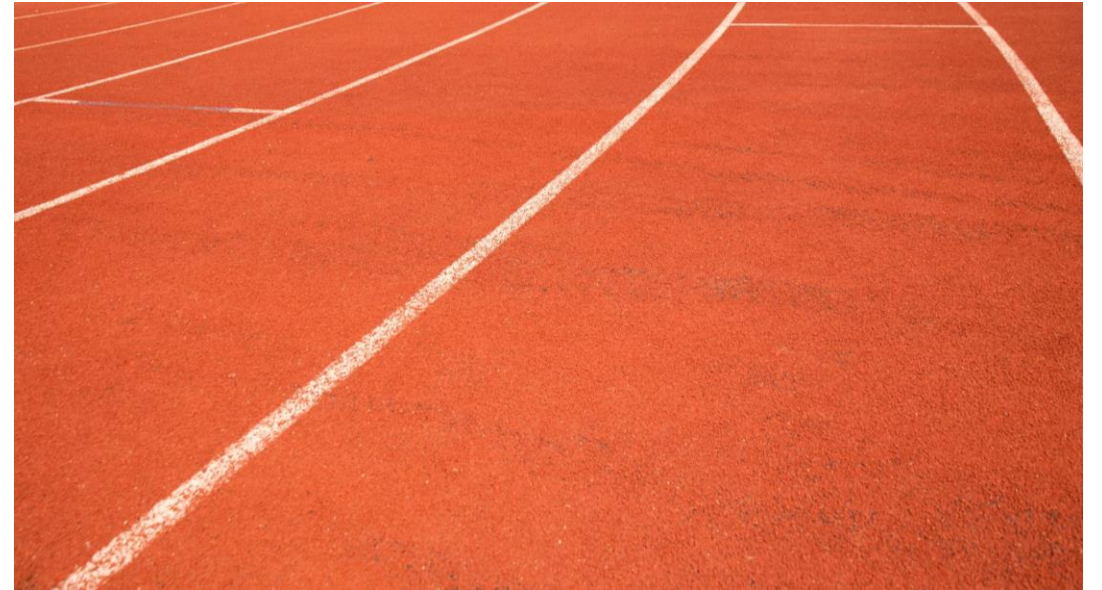


2023 CLUB RACES

Club Races don't need to be too competitive. We class them as "club events" where our members gather, complete the run and share the usual post-race refreshments. If you want to race that's OK, alternately just run the route and enjoy. We also use the Club Races as a guide for the Most Improved Runner awards and The Club Championships (road, trail and fell). Scores from your best 4 races out of the 7 will count to your final rankings. Scoring: winner of each race 100 points, 2nd place 99 points and so on.

You can keep up to date with the league tables and diary of events on the website:

<https://accrington-road-runners.co.uk/blog/?category=blog>



2023 ROAD POINTS RACES



Darwen Half Marathon

13 members took on the Darwen Half Marathon race back in April. This is a tough undulating course with some sharp inclines and a fast last 4km downhill!

We had some great results. Chris W finished 4th, Josh W 6th and George 8th place.

Michele, Paul G, Josh and Nanacy all won their age categories.

Well done to Emma who competed in her first half marathon.

2023 ROAD POINTS RACES

Wesham 10km

Another good turnout for this fast 10km course on a lovely sunny evening in May.

Josh, James and Kamil won the team prize. Adrian and Janet won their age categories.



Podium 5km

This was race 6 of the PBGP series. Read more about this race earlier in the newsletter.





2023 ROAD POINTS RACES

Elswick Express 10 miler

Just 6 members braved the rain in June for this 10 mile race.

We had 4 runners finish in the top 10 which meant we won the men's team prize!

Well done!

2023 FELL POINTS RACES



The Accrington mini fell series formed 3 of our fell races this year. This races included:

- Coppice Fell Race
- Moleside Fell Race
- Hapton Fell Race

These local races were popular with ARR members. Each race involved some challenging climbs over short distances. Well done to all that took part.



2023 FELL POINTS RACE

Widdop Fell Race

Glen, Joe, Liam and Pam braved the cold wind up in Yorkshire. Tall ferns, long grass, very wet bogs and quite a few hills made this a tough race. Glen got lost so Joe bagged the 100 points. He was pleased as punch!



2023 TRAIL POINTS RACES

Club Trail Races

- 1. Hit the Trail
- 2. East Lancs Hospice
- 3. Clowbridge 5k
- 4. Trawden Trail
- 5. Scorton Supper Run
- 6. Gisburn Trail Race
- 7. Derwentwater Trail Race

TRAIL RACES

Clowbridge 5km

This is always a popular race which is held at multiple times across the year. Runners start at the Rossendale Valley Sailing Club then race 2 laps around Clowbridge reservoir on this fast, flat course.

Trawden Trail Race

This was race 8 in the BPGP series (see earlier in the newsletter)

Scorton Supper Run

This 5 mile race involves ½ trail and ½ road. If you enter earlier enough you get a medal and hot pot once finished!

Gisburn Trail Race

A really pretty route, and a great race atmosphere, even the rain stopped and the sun come out ! James came in 4th, closely followed by Chris in 5th and George not far behind them, well done.





RESERVOIR VIEW FELL RACE

ARR newest event! Well done to race organiser Liam and all the marshalls to helped to make this new fell race so successful. We have had very positive feedback and hope to have this race on the racing calendar agin next year.



HANDICAP RACE

- On Tuesday 15th August, 38 members took part in the annual handicap race. The race followed the Ribble Valley 10km route.
- The start is staggered with runners starting at different times (slowest runners first). This creates an exciting, close race, hopefully all competitors finishing approximately the same time with everyone having an equal chance of winning.
- Dave Kenniford became the first member to win in two consecutive years, knocking two minutes of last years' time.
- Following the race members enjoyed food at Edisford Bridge.



PARKRUN

In April, Janet and Peter celebrated their 250th Parkrun at Townley Park. Lots of ARR members joined them for this milestone event followed by breakfast after at a garden centre.

BEST OF THE REST-ROAD RACES

Trafford 10km

- Kamil finished is a super quick time of 35:18!

Blackpool 10km

- Kamil won this race! His winning time was 36:04

Ron Hill 10km

- 15 members took part in this local race which starts in Accrington town centre. Kamil finished 2nd place overall and Helen won her age category. Liam and Pam didn't stay around at the end as they travelled up Avenue parade to compete in the Hameldon Fell race.

Chorley 10km

- Ryan came in at 39:47, Ben 42:07, well done. 34th and 57th, respectively, out of 900 runners!



BEST OF THE REST-ROAD RACES

Blacksticks Blue 10km

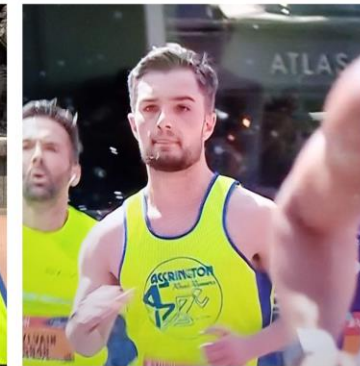
- We had 4 finishers in the top 11 on this race winning the team prize!

Manchester 10km

- Paula, Lucy, Angela, Matt, Michael, Ben and Vanessa M all took part in the Manchester 10k while Scott ran the half marathon in a PB time of 1:24!

Worden park

- Shane took part in this 10km race in very hot conditions.



BEST OF THE REST- ROAD RACES



James McLeod has had some very impressive results over the past few months:

- 3 bridges 10km (36:11) finishing in 6th place
- Fleetwood 10km finished 2nd place

We have also had runners compete in the Morecambe 10km, Southport 10km and Wilmslow 10km,

BEST OF THE REST- FELL RACES

Some of the other fell races our members have competed in include:

- Pen-y-Ghent fell race
- Paddy's Poles fell race
- Beamsley Beacon race
- Heptonstall fell race
- Don Ashton fell race
- Kentmere Horseshoe



BEST OF THE REST- TRAIL RACES



Some of the other trail races our members have competed in include:

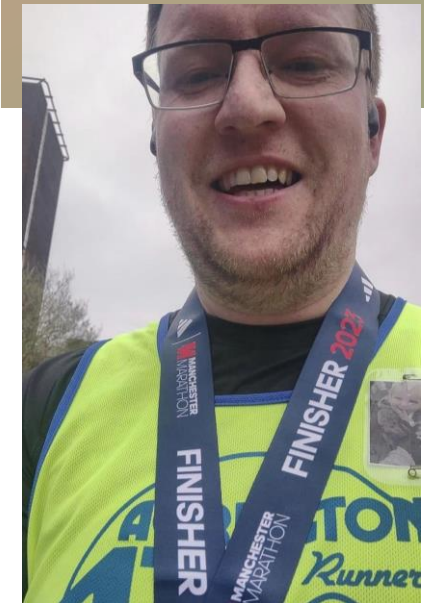
- Coniston trail race
- Astley Park trail race
- Gateshead trail race

GLEN- FELL CHAMPION



- Glen took part in the Pendle Fell Race which this year was part of the Lancashire Championship. Glen won his category and is Lancashire V50 fell Champion!
- Glen also took part in the Yorkshire Three Peak race alongside Joe Curran. The Three Peaks Race traverses the famous Yorkshire Dales mountains of Pen-y-ghent, Wharfedale and Ingleborough and is one of the oldest, most famous and best organised fell races in Britain. The race is 24 miles long and includes over 5000ft of climbing! Glen finished in 4:22:03 Joe finished in 4:43:14 (4th in age cat)
- Glen also competed in the Duddon Valley Fell Race, one of the English Championship races 17 miles with over 6,000ft of climbing on a hot day!

MANCHESTER & LONDON MARATHON



Well done to all the runners that took part in one of the spring marathons this year.

We had 4 runners compete in the Manchester marathon and 4 in the London marathon

Rob Burrows Leeds Marathon



A huge congratulations to the 11 ARR who ran the Rob Burrow Leeds Marathon.

The team have been training hard for several months in the build up to this.

Calderdale Relay 2023

The Calderdale relay is Britain's biggest off road run event. The race starts at Clay House and finished at Halifax Harriers HQ. There are 6 legs in total with runners running in pairs.

We had 12 members take part running in this years event.

ARR finished 16th in the open category.

Glen and Ste set a course record for leg 1!



23.Accrington Road	Team no. 4	07:47:0
Runners		5
4	Glen Goodwin , Steve Burton	19. >
104	Chris Halstead , Dave Savage	19. >
204	Josh Woodstock , Kamil Kujawski	12. >
304	Dave Hartley , Ryan Tobin	14. >
404	Martin Bland , Dave Tomlinson	16. >
504	Joe Curran , Paul Gallagher	23. >

Bradford Relay 2023

The Bradford Relay is always one of the biggest team events in the calendar for Accrington Road Runners.

This year we had 30 runners compete in 3 teams (2 VETS and a mixed team). Each team has 10 runners who run in pairs on one of the 5 legs.

The event starts and finishes at Bradford and Bingley sports club. The relay is approximately 47 miles taking runners through Wilsden, Denholme, Haworth, Oakworth and Addingham

Thankyou to Graham for all the organising he does every year to put the teams together and provide detailed instructions for the day.

One of our Vets team finished in 10th place overall. Well done!



NICK HARGREAVES - ULTRA MARATHON RUNNER

On the 8th July Nick took part in the Lakeland Trails 100km Ultra-Marathon! He set off at midnight to start 18hours of running/walking around trails in the Lake District!

This was just a warm up for Nick as over the weekend of 26/27th August, Nick took on the Leeds - Liverpool canal race which was 200km (130 miles) long. He started at 6am on Saturday morning, finishing at 19:50pm the following day. Nick ran/walked for almost 38 hours! What an incredible achievement.

Several ARR members met Nick at various points along the canal. Nick was full of positive comments and smiles even at the 100 mile mark after he had walked/run through the night!

A huge congratulations from everyone at ARR!





ACCRINGTON 10K

& JUNIOR RACE

- SUNDAY
- 29TH
- OCTOBER 2023
- START AT 10AM



**Please promote our
annual 10km race
which is fast
approaching.**

**We will require
marshals for this
event. Please speak
to Michele or your
group leader if you
can help.**